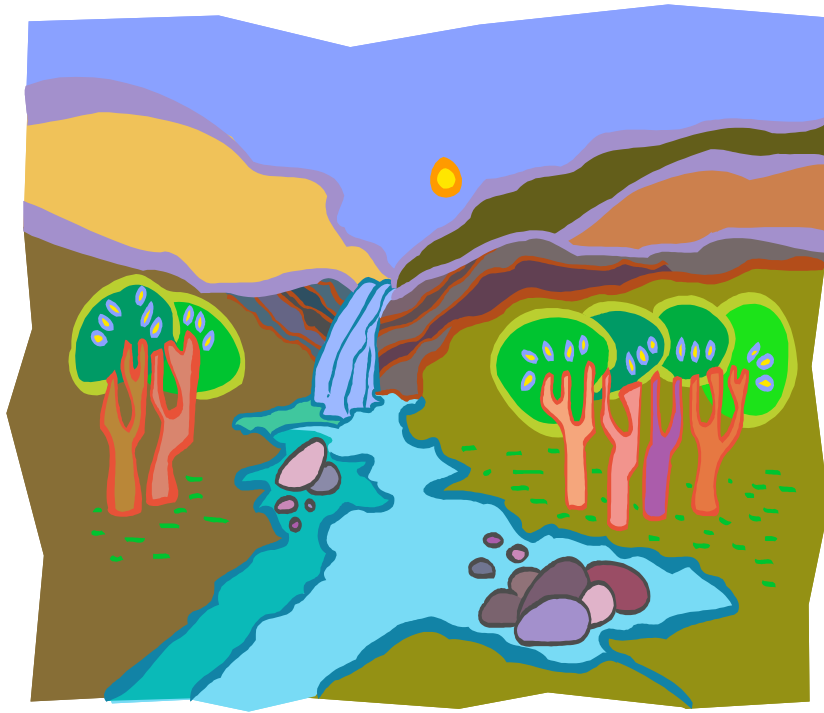


ELDER CHOICES

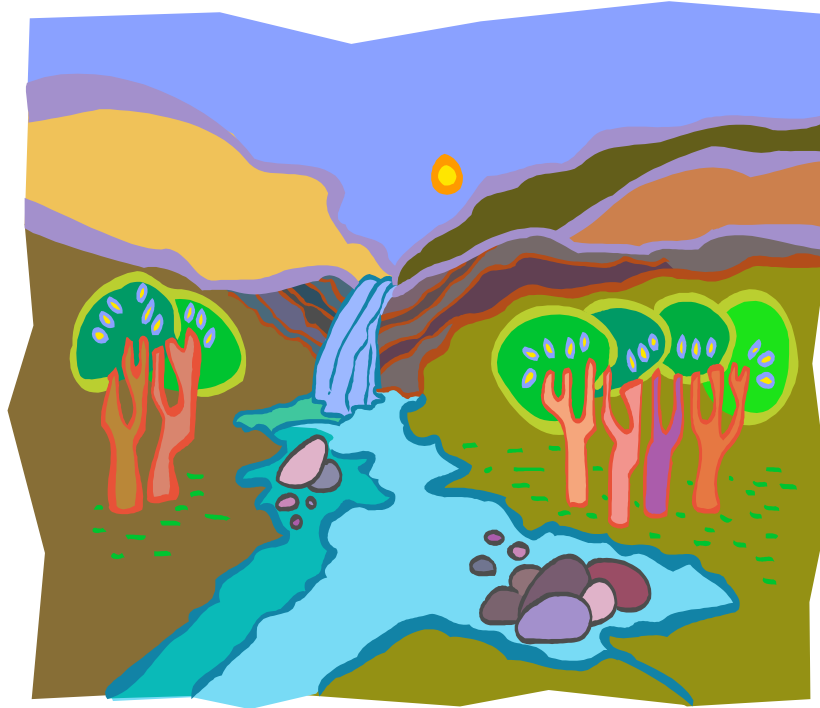


WHERE IS THE HELP?

**RESOURCES FOR
SENIORS
IN JUNEAU COUNTY**

RIVER OF LIFE

Life is a series of changes. These changes can be a result of medical, physical, or social events. These events can come to us in a sudden rush or an almost imperceptible trickle. This booklet leads you through the changes that we need to make to keep our life flowing smoothly.



This book was developed by Juneau County Human Services Long Term Support Unit with assistance from the Juneau County Aging Unit and Hess Memorial Hospital Social Services Department. This document was developed under grant CFDA 93.779 from the U.S. Department for Health and Human Services, Centers for Medicare & Medicaid Services. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not assume endorsement by the Federal Government.

Every effort was made to verify the accuracy of the information contained in this booklet. This booklet is provided so that the consumer can contact providers to obtain information themselves prior to making decisions regarding their services.

Printed October 2005

CHOICES AND CHANGE

Planning

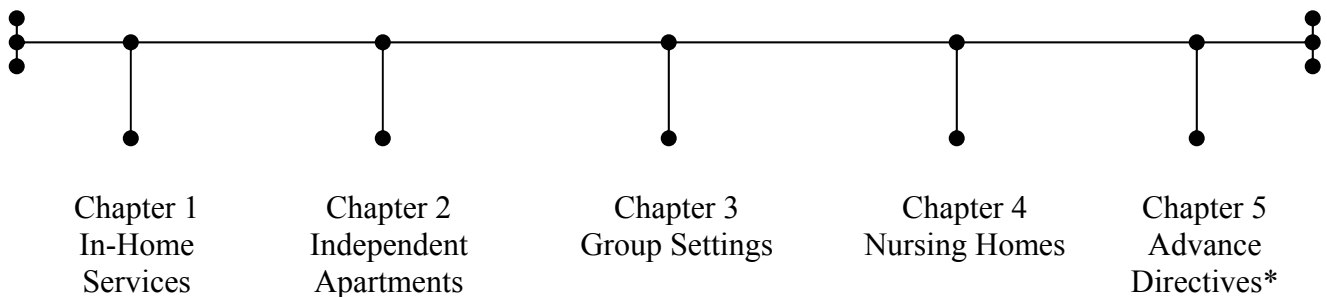
As we age our capabilities and needs change. Planning for those changes is key to your future. To be able to plan before the crisis strikes will give you and your family the advantage.

ADVANTAGES:

- ◆ Wider range of alternatives
- ◆ Time to investigate all the possibilities
- ◆ Choosing just what you want
- ◆ Family does not have to make decisions for you

Continuum of Care

Each chapter describes different resources available to meet your needs. Some people may need very little intervention and can manage with very few in-home services. Others require the full time supervision and care that is found in a nursing home. We have arranged the services in this booklet in a continuum of care. Each chapter describes and lists resources for that level of care.



* legal status may affect your choices for care.

Chapters

These questions will be answered in each chapter:

- ◆ Do I need this service?
- ◆ How do I pay for this service?
- ◆ Who is there to help me?

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CHAPTER 1

In-Home Services Juneau County

Do I need this service?

If staying in your own home is your goal, you may want to consider in-home services. This includes a myriad of possibilities. This chapter includes assistance with housekeeping, personal care (bathing and dressing), nutrition, and transportation. Possibly all you might need is an emergency phone system to make it safe for independent living.

Also included in this chapter is information regarding financial programs that may help you afford the services that you need.

Caregivers are special people

Many of you have relatives or friends that assist regularly in your home. These friends and relatives should receive special applause because they have assumed the responsibility as your caregiver. Many of these caregivers have made time in their busy schedules to help you. Often a caregiver becomes overwhelmed with these additional duties. Also included in this chapter is help for the caregiver.

How do I pay for this service?

These services can be purchased privately, using your own funds. Some of the services can be funded through the Medicare Program. These types of services need to be medically necessary and prescribed by your doctor. Medicaid (SSI, Forward Card, Badger Care) can fund medically necessary services as well as personal care (bathing and dressing). This program can also fund some types of medical equipment. The Community Options (COP or Waiver) can fund most of the services listed in this chapter.

Advocacy

Benefit Specialist Program

This program assists in cutting through the red tape to help Juneau County residents over the age of 60. It provides access and eligibility requirements for entitlement programs, Medicare, Medicaid, housing, insurance and consumer problems.

Juneau County Aging Unit
220 E. La Crosse St.
Mauston, WI 53948
Cathy Spatola (608) 847- 9367

Coalition of Senior Citizens

This program informs Senior Citizens of pending legislation of interest to them. It promotes safety and consumer protection. Open to all County Seniors

Juneau County Aging Unit
220 LaCrosse St.
Mauston, WI 53948 (608) 847-9371

Consumer Protection

This program offers publications and informs people of their rights regarding landlord/ tenant disputes, auto mechanics, product safety, contractors and more.

State of Wisconsin Office (800) 422-7128
WEB SITE: www.datcp.state.wi.us/index.html

Long Term Care Ombudsman Program

The Ombudsman investigates complaints regarding Nursing Homes and Community Based Residential facilities. They provide information on a facilities track record on care and treatment of their residents. Age 60 +.

Board on Aging and Long Term Care
5424 HY 10 East
Stevens Point, WI 54481
(715) 345-5344 Regional
(800) 815-0015 Statewide

Advocacy

Medigap Hotline

Assists in comparing insurance policies for consumers and lists which insurers can sell policies in Wisconsin.

(800) 242-1060

Office of the Insurance Commissioner

This State agency is responsible for the regulation of Insurance companies. Complaint forms regarding insurance companies are available through this office. Publications on types of insurance are available.

PO Box 7873
Madison, WI 53707

(800) 236-8517

Do not call lists

Consumers who do not wish to receive calls from telemarketers on their home phones can register at both sites.

Wisconsin Do Not Call List (866) 966-2255

National Do Not Call List (888) 382-1222

Counseling and Therapy

These services include Mental Health counseling for individuals and families, alcohol, drug and gambling problems.

Most providers accept private pay, insurance, Medicare and Medicaid.

Clarion Outpatient Counseling

707 14th St

Baraboo, WI 53913

(608) 355-1800

Specializes in geriatric concerns. Group and individual sessions. Accepts private funds, insurance, Medicare and Medicaid.

Hess Memorial Hospital

1050 Division St

Mauston, WI 53948

(608) 847-6161

Specializes in depression, and anxiety. Anger management classes available. Accepts private funds, insurance, Medicare and Medicaid

Juneau County Human Services

220 LaCrosse St.

Mauston, WI 53948

(608) 847-2400

Specializes in individual and family counseling, both long and short term. Accepts only Juneau County Residents. Accepts private funds, insurance, Medicare and Medicaid. A sliding fee scale is available for payment plans.

Dr. Gary Ludvigson

1900 N. Dewey Ave

Reedsburg, WI 53959

(608) 524-6477

Specializes in anxiety disorders and depression. He is at Mile Bluff Clinic in Mauston on Tuesdays. Accepts private funds, Medicare and Medicaid.

Quaker Valley Counseling Services

E1475 Owens Dr.

LaValle, WI 53941

(608) 985-7187

Specializes in mood disorders, marriage work, and family counseling. Accepts private funds, insurance, Medicare, and Medicaid. A sliding fee scale for payment is available for payment plans.

Counseling for Alcohol, Drugs, and Gambling

Juneau County Human Services

220 LaCrosse St.

Mauston, WI 53948

(608) 847-2400

Certified counselors provide individual and group sessions. Accepts private funds, insurance, and Medicaid. Sliding fee scale is available for payment plans.

Alcoholics Anonymous, Alanon, and Narcotics Anonymous Meetings

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from alcoholism. The only requirement is a desire to stop drinking. There are no fees for AA membership. Meetings listed as “closed” are for those that have admitted they have a problem and committed to seek assistance.

Alanon Meetings provide support for the family and friends of an alcoholic or chemically dependent person.

Gamanon Meetings are specific to those with gambling problems. None are available in Juneau County. Those listed are for surrounding areas and can be attended by Juneau County residents.

AA/Alanon, and Narcotics Anonymous

MAUSTON

Hess Memorial Hospital

1050 Division St.	AA/Alanon	7:30pm	Monday closed meeting
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Mauston City Hall

303 Mansion St.	AA	7:30pm	Friday closed meeting
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NEW LISBON

108 S. Washington St.	AA	7:30pm	Thursday closed meeting
	AA	7:30pm	Saturday
	NA	7:30pm	Wednesday

UNION CENTER

Knights of Columbus

656 Division St.	AA	7:30pm	Tuesday closed meeting
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TOMAH

Veteran Medical Center

500 E. Veteran's Dr.	AA	7:00pm	Monday
		7:00pm	Friday

Tomah Fellowship

720 Williams St.	AA	2:00pm	Wednesday
		7:30pm	Thursday
		7:30pm	Friday
		7:30pm	Saturday

Congregational Church

115 W. LaCrosse St.		5:30pm	Friday
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LYNDON STATION

Crocketts

Big Book Study Group		6:00pm	Sunday
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BARABOO

St. Clare Hospital

707 14th St.

Women only		8:00pm	Sunday
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Men only		8:00pm	Sunday
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Alanon		8:00pm	Monday
--------	--	--------	--------

House of Wellness

S 2845 White Eagle Rd.		7:30pm	Wednesday
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AA/Alanon, Narcotics Anonymous

WISCONSIN DELLS

Episcopal/Methodist Church

United Dr. and Highway A

AA

8:00pm

Tuesday

Alanon

8:00pm

Tuesday

GAMANON MEETINGS

St. Clare Hospital

707 14th St.

Baraboo, WI 53913

7:30pm

Sunday

St. Joseph Hospital

611 St. Joseph Ave.

Basement South Room D

Marshfield, WI

7:00pm

Tuesday

Coulee Council on Alcohol

921 West Ave. South

LaCrosse, WI

7:00pm

Monday

Elder Abuse

Elder abuse is defined as an elderly person (age 60 or older) who is subjected to physical or financial abuse, neglect or self-neglect. Referrals can be made to Juneau County Human Services by a friend, relative, neighbor or professional. The referrals are investigated and if needed, services are offered to the victim and perpetrator. If warranted, law enforcement may become involved. The victim of Elder Abuse may refuse the investigation or any help that is offered.

Make referrals to:

Juneau County Human Services
220 E. LaCrosse St.
Mauston, WI 53948
(608) 847-2400

Domestic Abuse

Domestic Abuse is defined as a pattern of behavior between two adults in an intimate relationship. It happens when one partner exercises abusive control over the other. It may contain physical, financial, emotional, sexual or all of the above.

Services include:

24-hour Help Line	Emergency Shelter
Women's Support Groups	Children's Support Group
Transportation	Legal Advocacy
Sexual Assault Services	Information and referral
Community Education	Food and Clothing

Make referrals to:

Hope House	HELP LINE:
1 Kennedy St.	800-584-6790
Mauston, WI 53948	
(608) 847-3331	

Passages

Richland Center, WI	HELP LINE
53581	800-647-6317

Emergency Services

American Red Cross

This agency provides disaster relief and emergency services. They offer instruction on preparing for and preventing emergencies.

Badger Chapter-American Red Cross
4860 Sheboygan Ave.
Madison, WI 53705 (608) 227-1297

Salvation Army

This is a Christian based organization that offers emergency gasoline, car repairs, prescriptions, over night stay at a hotel, and emergency clothing after a fire.

Pastor Steve Ward, Chairperson
United Methodist Church
204 Riverside Dr.
Elroy, WI 53929 (608) 462-5953

Employment

Experience Works

211 Hickory St. 2nd Floor

Mauston, WI 53948 (608) 847-4899

Jobs available for those 55 or older. Call for other eligibility requirements.

Job Center

211 Hickory St., 2nd Floor

Mauston, WI 53948 (608) 847-4899

This service provides assistance for locating jobs in the area. Resume assistance and Job Net Computer access available.

Wise Options, Older Worker Program

215 E. Madison St.

Hillsboro, WI 54634 (608) 489-4292 or (888) 810-1279

This service provides employment opportunities for income eligible people over the age 55 and over. Services are provided through AgeAdvatAge, the area agency on Aging.

Financial Assistance

Cancer Foundation

Assistance for anyone diagnosed with cancer in the areas of transportation to medical appointments, child care, utility costs, and medical equipment.

Lyndon Station Area Cancer Foundation

PO Box 8

Mauston, WI 53948

(608) 548-5488

Kris_m2004@hotmail.com

Community Options Program (COP)

The COP Program provides funding for services that enable people with long-term disabilities and irreversible illnesses to remain in the community. If you need assistance to stay in your home, or are planning to be admitted to a CBRF, or are in a nursing home and would like to return to the community you can request a COP Assessment. You must be a Juneau County resident to receive an assessment. There are medical and financial criteria to be eligible for COP Services. There is also a waiting list for entrance into the COP Program.

Juneau County Human Services

220 LaCrosse St.

Mauston, WI 53948

(608) 847-2400

Energy Assistance Program

A one-time benefit available to low-income eligible persons for the winter heating season. Call for eligibility requirements.

Community Action Council

1 Kennedy St.

Mauston, WI 53948

(608) 847-5988

Financial Counseling

A comprehensive financial assessment is completed and they work together to resolve credit card debt, collection agency problems, and making ends meet. Appointment required. Sliding fee schedule used to determine the cost of services.

Catholic Charities

(715) 344-2500

Stevens Point, WI

(866) 344-2500

Financial Assistance

Food Stamps

The Quest Card is available to low income people to assist them in purchasing food. Eligibility requirements apply.

Juneau County Human Services
220 LaCrosse St.
Mauston, WI 53948 (608) 847-2400

Medical Assistance

The Badger Care Card is available to assist in paying for medical needs. Income and asset requirements apply.

Juneau County Human Services
220 LaCrosse St.
Mauston, WI 53948 (608) 847-2400

Homestead Tax Credit

State Tax Relief Program available for eligible home owners or renters.

Juneau County Aging Unit
220 LaCrosse St.
Mauston, WI 53948 (608) 847-9371

Social Security

Provides information and applications for Social Security and Supplemental Security Income (SSI).

Social Security Administration
2213 8th St.
Wisconsin Rapids, WI 54494 (715) 423-3749 or (800) 772-1213

A representative from the Social Security Office is available for assistance on the first Tuesday of each month from 9:00am to 11:00 am. (First come first serve basis). The representative is located in Room 1 of the Juneau County Courthouse.

Juneau County Court House, Room 1
220 E. State. St.
Mauston, WI 53948

Juneau County Food Pantries

Each Pantry serves households in their school districts. Households are allowed to use the pantry once each month. Each pantry is in contact with other Juneau County Pantries to share and inform.

Mauston

Community Sharing Pantry
1 Kennedy St.

Mauston, WI 53948

Contact phone: Bethany Lutheran (608) 847-6690

open: Tuesday, Wednesday and Thursday
9:30 to 11:00

Elroy

Grace Lutheran Church
226 Erickson St
Elroy, WI 53929

Contact phone: (608) 462-5398

Open: Thursday
1:00 to 2:00

Necedah

1000 Farnam Dr.
Necedah, WI 54646

Open: Thursday
9:30 to 11:00

New Lisbon

Bethany Lutheran
618 W. River St.

New Lisbon, WI 53950

Contact Phone: 562-3807

Open: Thursday
9:30 to 11:00 (not open on the 5th Thursday
of the month)

Wonewoc

Town Hall of Wonewoc
Highway 33
Union Center, WI 53962

Open: Saturday (1st Saturday of the month only)
9:00 to 10:00

Grandparent Services

Juneau County Aging Unit – Grandparent Program

220 LaCrosse St.

Mauston, WI 53948

(608) 847-9366

Assistance is available for grandparents age 60 and over who are raising their grandchildren. Funding is available for extraordinary expenses and respite care. For information and an application contact:

Kinship Care Program

Juneau County Human Services

220 LaCrosse St.

Mauston, WI 53948

(608) 847-2400

Monthly financial assistance is available for Grandparents caring for their grandchildren. Grandparents must be the primary caretaker for the children and must apply for Medical Assistance for them. A criminal background check of the caretaker is required.

Health

Wisconsin Well Woman Program

Medical screenings including breast and cervical cancer, osteoporosis, diabetes, and blood pressure for women with no medical insurance. Ages 50 to 64. Income guidelines apply.

Juneau County Health Department
220 E. State St.
Mauston, WI 53948

(608) 847-9373

Senior Care

State Program assists with the cost of medications. Income guidelines apply. Age 65 +

Juneau County Benefit Specialist
220 E. LaCrosse St.
Mauston, WI 53948

(608) 847-9367

Home Health Agencies

Do I need the Service?

Medical Services

With the help of a home health agency, even a seriously ill person can remain at home. Home Health agencies can provide skilled nursing visits to assist with many skilled medical tasks such as wound care, medication management, and IV therapy. Physical and Occupational Therapy can be provided. Home Health aides and Personal Care Workers can provide assistance with bathing and dressing. Home Care Agencies are certified by Medicare and provide workers that have received thorough training and a background check.

Housekeeping/Chore Services

Non Medical Homemaker/Companion Services include routine housekeeping chores, transportation and cooking. Medicare or Medicaid (Forward Card) does not cover these services. They are provided by Home Health Agencies as well as private individuals.

How do I pay for these services?

In-home services can be purchased privately, using your own funds. Some private Health Insurance Policies cover in-home care.

Medicare can pay for medically necessary in-home services if:

- The Home Care Provider is Medicare Certified.
- Your doctor has authorized the medical care at home.
- You need skilled care and you are confined to your home.
- Medicare does not cover housekeeping or personal care.

Medicaid (Forward Card, Badger Care)

- The Home Care Provider is Medicaid Certified
- Your Doctor authorizes the medical care at home.
- Medicaid covers Personal Care (bathing and dressing)
- Medicaid does not cover housekeeping.

Programs through Juneau County Human Services and the Juneau County Aging Unit may cover the cost of these services. Check with both agencies for the programs that will assist you. Most of these programs have specific income, asset, age and other requirements.

HOME HEALTH AGENCIES	SERVICES							FUNDING				ADDITIONAL INFORMATION
	Nursing	Home Health Aide	Personal Care	PT/OT Therapy	Respiratory Therapy	Home-maker/ House-cleaning	Transportation For Errands And Shopping	24 Hour Care	Medicare	Medicaid (Forward Card)	Private Insurance	
Hess Home Health 1050 Division Mauston, WI (608) 847-6161 X 212	X	X		X				X	X			Web Site http://inmbmc.com Covers all of Juneau County
Homeward Bound 1360 Jefferson St. Baraboo, WI 53913 (608) 356-4666	X	X	X	X		X	X	X	X	X	X	Web Site www.hwbcare.com Covers all of Juneau County
Home Health United Visiting Nurses and Extra Care 4801 Hayes Rd. Madison, WI 53704 1-800-924-2273	X	X		X	X	X	X		X	X	X	Web Site www.homehealthunited.org Provides services South of Highway 82 only.
Home Instead Senior Care 918 8 th Ave. Baraboo, WI 53913 (608) 356-5014		X	X			X	X	X			X	Web Site www.homeinstead.com
Mound View Home Health 450 E. State St. Adams, WI 53910 (608) 339-7076	X	X	X	X		X	X		X	X	X	Provides services in the Necedah area only.
REM Health of WI 221 East State St. Mauston, WI 53948 (608) 847-7755	X	X	X	X		X	X	X	X	X	X	Web Site www.reminc.com Covers all of Juneau County
Good People Live-in Caregivers 1-800-608-8003			X			X	X	X				Web Site www.goodpeople.us Caregiver matching service Accepts private funds

Housekeeping/Chore Services

These services are provided by some Home Health Agencies as well as private providers. The house keeping services provided by the Home Health Agencies are listed on the Home Health chart. A list of local Private Independent Providers can be found at the Juneau County Aging Unit. It is important when hiring a worker privately to interview them and check their references.

Private Independent Providers

Juneau County Aging Unit

220 LaCrosse St.

Mauston, WI 53948

(608) 847-9366

Assistance with Pets

This service assists pet owners over the age of 60. Volunteers are available to walk a dog, drive a pet to the veterinary, and to assist with the purchase of pet food. Donations are accepted.

Carl W. Nelson Animal Shelter

Contact: Rosemary Aney

(608) 847-5558

www.carlnelson.org

Hospice Care

Services provided to terminally ill persons to promote comfort and allow them to stay at home. The hospice team consisting of a nurse, social worker, home health aide, chaplain, physician, and volunteers who provide in-home services.

Hospice Touch

Mile Bluff Medical Center	or	Tomah Memorial Hospital
1040 Division St.		321 Butts Ave.
Mauston, WI 53948		Tomah, WI 54660
(608) 847-6161 X649		(608) 374-0250

Services are funded by Medicare and Medicaid, or private insurance.

Serenity House

300 Butts Ave
Tomah, WI 54660
(608) 374-0250

For persons enrolled in the Hospice Program who are no longer able to remain at home, a four bed residence staffed by certified nursing assistants who provides 24-hour care. The cost of room and board is not covered by Medicare or Medicaid. Private Insurance or private funds can be used. A sliding fee scale is available.

Hospitals

Clarion Center

Geriatric Behavioral Health Unit

707 14th St.

Baraboo, WI 53913

(608) 355-1805

Hess Memorial Hospital

1050 Division St.

Mauston, WI 53948

(608) 847-6161

Mound View Hospital

402 West Lake St.

Friendship, WI 53934

(608) 339-3331

Reedsburg Area Hospital

2000 N. Dewey Ave.

Reedsburg, WI 53959

(608) 524-6487

River View Hospital

410 Dewey Street

Wisconsin Rapids, WI 54494

(715) 423-6060

St. Clare Hospital

707 14th St.

Baraboo, WI 53913

(608) 356-1400

St. Joseph's Memorial Hospital

400 Water Ave.

Hillsboro, WI 54634

(608) 489-8000

Housing Assistance Juneau County

Energy Assistance

Provides financial assistance to low to moderate-income households in need of help with paying heating or electric bills. Office is open September 1st through May 15th. Call for an appointment

Community Action Program

1 Kennedy St.

Mauston, WI 53948

(608) 847-5988

Weatherization Program

Provides material and labor to weatherize homes or apartments. Call for income limits.

Community Action Program

1 Kennedy St.

Mauston, WI 53948

(608) 847-5988 or (608) 253-8353

Rental Assistance Program

Provides one-time assistance for rent for one month. Must have an income and a way to pay for the rent costs after the first month.

Community Action Program

1 Kennedy St.

Mauston, WI 53948

(608) 847-1124

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Housing Cost Reduction Program

Assistance is provided in the form of a grant or 0% loan for home owners or renters. The items covered include, property tax, mortgage payment, security deposit, first months rent. Grants are available for home repairs to remove safety or health concerns. Income limits apply.

Renewal Unlimited – Rural Development

2900 Red Fox Run

Portage, WI 53901

(800) 344-7543 or (608) 742-5361 X4

Information and Referral

Alzheimer's Association of Greater Wisconsin

115 5th Ave. South, #421
LaCrosse, WI 54601

(608) 784-5011 www.alz.org

Provides individual consultation and information on medical, legal, social needs of people with Alzheimer's Disease and their caretakers. They maintain a resource library and speakers bureau.

Juneau County Aging Unit and Adult Center

220 LaCrosse St.
Mauston, WI 53948

(608) 847-9371 www.juneau.com

Or

(608) 847-9366

Benefit Specialist provides information and advocacy in the area of Public Benefits including Social Security, SSI, Medicare, Health Insurance, and Medical Assistance for people age 60 or over. No income limit for these services.

Contact: Cathy Spatola (608) 847-9367

Medicare Benefit Specialist provides information and assistance with Medicare Part D, the prescription drug coverage plan.

Contact: Norma Phillips (608) 847-9370

Juneau County Human Services

220 LaCrosse St.
Mauston, WI 53948

Contact the Intake Worker (608) 847-2400 www.juneau.com

Provides Information and Assistance including:

Financial Programs including Food Stamps, Medical Assistance, Badger Care
Counseling and Therapy for individual and families
Access to Community Options and Waiver Programs
Community Resources

Information and referral

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

Contact the Social Services Department

(608) 847-6161

www.milebluff.com

Provides Information and Assistance including:

Community Resources

Counseling

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

(608) 847-6161

Provides Consumer Health Computer Workstation for medical information on diagnosis, side effects of medications, information on diseases on-line with a volunteer to assist you on the computer. Open 9 to 12 on Tuesdays.

Independent Living Center

4439 Mormon Coulee Rd

La Crosse, WI 54601

(608) 787-1111

www.ilresources.org

Provides information and assistance including:

adaptive equipment needs, benefits counseling, employment, and personal and supportive home care services.

Veterans Service Office

211 Hickory St.

Mauston, WI 53948

(608) 847-9385

Provides information regarding veteran related programs and assistance with applications for benefits, medications, and burial benefits.

Legal Services Juneau County

Legal Action of Wisconsin
205 5th Ave S. Suite 300
LaCrosse, WI

1-800-873-0927

Call Tuesday or Thursday 8:30 to 11:30 to determine financial eligibility for services.

Issues handled include:

- Denial of income maintenance programs such as appeals for Medical Assistance, Medicare, and SSI
- Housing evictions and Landlord/tenant disputes
- Utility cutoffs
- Collections/ Small claims court
- Unfair sales practices
- Unemployment compensation
- Divorce work

Theresa House Legal Assistance
Baraboo, WI

(608) 356-0577

Issues handled include:

- Do it yourself divorce (uncontested)
- Guardianships of minors
- Physical placement of children.

Lawyer Referral Services
State Bar of Wisconsin
PO Box 7158
Madison, WI 53707

(800) 362-9082

Provides lawyer referral and information services

Legal Services

Consumer Protection

2811 Agriculture Dr.
PO BOX 8911
Madison, WI 53708

800-422-7128

Provides information relating to citizens rights:
Landlord/tenant practices
Product safety
Auto repair
Door-to-door sales
Home improvement

Wisconsin Guardianship Support Center Hotline

Elder Law Center

2850 Dairy Drive
Madison, WI 53718

800-488-2596

guardian@cwag.org

Provides information regarding Legal Guardianship, Medical and Financial Power of Attorney documents

Lifeline Emergency Response Systems

Lifeline is an emergency response system that allows immediate response at the press of a button in your own home. The button is worn as a pendant or as a wrist watch. The system functions through your home telephone. It automatically dials for help when the button is pressed. This system is useful for the person who has an unstable medical condition, frequent falls, or lives alone.

Hess Memorial Hospital
Life Line System
1050 Division St.
Mauston, WI 53948
(608) 847-6161

Oakdale Electric
Main Street Messenger
PO BOX 128
Oakdale, WI 54649
(608) 372-4131
(800) 241-2468

St. Joseph's Hospital
Careline
400 Water Ave.
Hillsboro, WI 54634
(608) 489-2211

Life Line and Link-up

Life line and Link-up program reduces the monthly charge for phone services. It can also pay for the hook-up charges for new telephone service. You must be found financially eligible for the program. Call your local telephone company and ask for the Life Line and Link-up Program to determine if you are eligible.

Medical and Adaptive Equipment

What is the service?

Durable Medical Equipment is assistive or adaptive equipment that is used by ill or disabled persons to help them with activities of daily life. These can range from electric lift chairs to flexible shower hoses.

How do I pay for it?

With a prescription from the doctor, the pharmacy or equipment agency will determine if the item can be funded by private insurance, Medicare, or Medical Assistance. The items can also be purchased with private funds.

Medicare will pay for items only under certain conditions. These items must: Withstand repeated use, serve a medical purpose, be useable in your home and be prescribed by your doctor. Medicaid (MA or Medical Assistance) can pay for additional items. All of the Pharmacies or agencies listed accept Medicare and Medicaid as payment sources.

Medical and Adaptive Equipment Providers

Community Home Medical Equipment

144 3rd. St

Baraboo, WI 5913

(608) 356-0774 or 800-848-5572

Home Health United Home Medical Equipment

164 2nd. St

Reedsburg, WI 53959

(608) 524-8440

Phillips Drug Store

123 E. State St.

Mauston, WI 53948

(608) 847-5949

Peterson Pharmacy

727 Water St.

Hillsboro, WI 54634

(608) 489-3141

Walgreens Home Care

754 N. Union St

Mauston, WI 53948

1-888-492-5442

Medical and Adaptive Equipment Related Services

Wheelchair Recycling Project

4521 Helgesen Rd.
Madison, WI 53718

(608) 243-1785

(Collects used medical equipment. It is repaired and recycled to people without medical insurance or finances to buy their own.) Website: www.wrp.org

Independent Living Resources

4439 Mormon Coulee Rd.
La Crosse, WI 54601

(608)787-1111

Services Provided:

Used equipment advertised in “Items for Sale” section of their quarterly newsletter.

Assessment and identification of equipment needs

Intake site for referrals to the WISTECH Program. The WisTech Program provides information on selecting, installing, funding and using assistive technology.

Wisconsin Council of the Blind

754 Williamson St.
Madison, WI 53703

(800) 783-5213

Provides low cost adaptive aides and equipment for the visually impaired

Juneau County Aging Unit Low Vision Equipment Display

220 E. LaCrosse St
Mauston, WI 53948

(608) 847-9366

Has a display of low vision adaptive equipment that can be purchased.

Wisconsin Regional Library for the Blind and Physically Handicapped

813 W. Wells St.
Milwaukee, WI 53233

(800) 242-8822

Provides Braille or audio books to Wisconsin residents who are certified legally blind or have other reading disabilities.

Bureau for the Deaf and Hard of Hearing

2917 International Lane Suite 230
Madison, WI 53704

(608) 243-5733 (voice)

(608) 243-5732 (TTY)

Provides information and referral for persons with hearing difficulties.

Medical and Adaptive Equipment Related Services

Mile Bluff Medical Center

1050 Division St.

Mauston, WI

(608) 847-6161 X506

The Audiology Department provides hearing aides and other assistive hearing devices and repair of hearing devices.

Telecommunications Equipment Purchase Program

Public Service Commission

PO Box 7854

Madison, WI 53707

(608) 231-3305 or (608)1479 TTY

Assists hard of hearing or deaf persons in buying equipment they need to use basic telephone services. Applications are also available at TEPP@WilliamsYoung.com

Respite Services

Respite care is used to relieve a caregiver, such as a spouse or other caretaker from care taking demands for a short time period. Many respite facilities are also CBRF's (Community Based Residential Facilities) or nursing homes. They have the ability to take the person into their facility for a number of days. Arrangements with the facility need to be made in advance for any respite stays. Each facility has a pricing structure. Private pay or COP funding is accepted.

Faith in Action of Juneau County (Volunteer Organization)

217 Oak St.

Mauston, WI 53948 (608) 548-2027

Cottage Care (CBRF)

204 Hall St.

Mauston, WI 53948 (608) 847-7470

Fountain Lutheran Mission Home (CBRF)

202 E. Main St.

Hustler, WI 54634 (608) 427-6603

Heritage Manor Nursing Home

307 Royall Ave.

Elroy, WI 53929 (608) 462-8491

St Joseph's Nursing Home

400 Water St.

Hillsboro, WI 54634 (608) 489-8000

Villa Pines Nursing Home

210 S. Park St.

Friendship, WI 53934 (608) 339-3361

Weber Haus (CBRF)

312 Center St. Box 276

Wonewoc, WI 53968 (608) 464-7688

Support Groups

Alcoholics Anonymous

See Alcohol/Drug Counseling.

Juneau County Alzheimer's Support Group

Meets: 2nd Monday of the month at 1:30 p.m. and open to friends and family of people who suffer from Alzheimer's or other dementias.

Juneau County Adult Center

220 LaCrosse St.

Mauston, WI 53948

(608) 847-9366

Contact: Heidi Randall

Depression Support Group

Meets: November, December, and January. Pre-registration is necessary

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

Contact: Reverend Jeff Fairchild (608) 847-6161 X217

Diabetes Presentations

Meets: 2nd Monday of the month at 6:30 p.m.

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

Contact: The Diabetic Educator (608) 847-6161 X786

Fibromyalgia Support Group

Meets: 2nd Tuesday of the month at 6:30 p.m.

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

Contact: Sue Fabian (608) 847-6161 X272

Friends and Family Support Group

Meets: Quarterly on the 4th Friday of the month at 3 p.m. and open to friends and family of nursing home residents. The location alternates between

Crest View Nursing Home

and

Fair View Nursing Home

612 View St.

1060 Division St.

New Lisbon, WI 53950

Mauston, WI 53948

Contact: Jan Ray

(608) 847-6161 X422

Support Groups

Family Support Group

Meets: Last Monday of every other month at 2:00 p.m. and open to family members of nursing home residents.

Heritage Manor Nursing home

307 Royall Ave.

Elroy, WI 53929

Contact: Keri Hineman (608) 462-8491

Grief Support Group

Meets: Thursdays at 7p.m.

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

Contact: Reverend Jeff Fairchild (608) 847-6161 X217

Kids Responsible for Ailing Persons (KRAP)

Meets 3rd Thursday of the month 7 p.m. and open to caregivers responsible for ailing loved ones.
Open to all faiths.

First Presbyterian Church

217 Oak St.

Mauston, WI 53948

Contact: Terry (608) 847-5433

Low Vision Support Group

Meets: 3rd Friday of the month at 9:30 a.m. and is open to older persons needing help coping with vision loss at any level of impairment. Juneau County Adult Center

220 Lacrosse St.

Mauston, WI 53948

Contact Heidi Randall (608) 847-9366

Stroke Support Group

Meets: 3rd Tuesday of the month 1:30 p.m.

Mile Bluff Medical Center

1050 Division St.

Mauston, WI 53948

Contact: Denny Mayer (608) 565-2209

or

Social Services Department

At Mile Bluff Medical Center (608) 847-6161

Thrift and Resale Shops

Helping Hands

420 Lincoln St.

Mauston, WI 53948

(608) 847-2559

Open 8:30 a.m. to 4:30 p.m. Monday through Friday.

Hess Memorial Hospital Auxiliary

222 Elm St.

Mauston, WI 53948

Open 12:30 p.m. to 4:30 p.m. Monday through Friday

9:00 a.m. to noon on Saturdays

Transportation

General Transportation

Mauston City Cab

325 Woodlawn Ave.

Black River Falls, WI 54615 (608) 847-3008

The service is restricted to within a three mile radius of the Mauston city limits. Longer trips can be prearranged with the provider. A wheelchair lift is available.

Juneau County Aging Unit

220 LaCrosse St.

Mauston, WI 53948 (608) 847-9371 or (608) 847-9366

Transportation services are available to all elderly and disabled persons regardless of age through the Volunteer Escort Service. Trips to local banks, shops and businesses can be prearranged with the Escort Service. The Senior Citizen's Bus/Van is available in Mauston Monday through Thursday. The Bus/Van is available to other areas in Juneau County on Fridays. Call the service for mileage rates and schedules.

Medical Transportation

Wheelchair lifts are available from these services. A doctor's prescription is necessary if Medicaid is used as payment. Call the service well in advance to set up a ride.

Abby Vans

W5621 Todd Rd.

Neillsville, WI 54456 1-800-236-8438

This service covers all of Juneau County and accepts private funds and Medicaid as payment sources.

Gundersen Lutheran Coulee Trails

126 ½ West Jefferson

Viroqua, WI 54665 1-800-771-8884 or (608) 637-8884

This service covers only the south west portion of Juneau County. Private pay and Medicaid is accepted.

Transportation

Juneau County Aging Unit

220 LaCrosse St.

Mauston, WI 53948 (608) 847-9371

This service covers medical appointments in Juneau County and within 75 mile radius of Mauston. The trips must have prior authorization by calling the transportation coordinator at (608) 847-9371. Calls must be made three days in advance for local trips and one week in advance for out of county trips. A valid Forward Card is required.

Juneau County Human Services

220 Lacrosse St.

Mauston, WI 53948 (608) 847-2400

IF you have a Medicaid (Forward Card) and a friend or relative is driving you to medical appointments, they can be reimbursed at .14 per mile. All trips must be preauthorized by calling Juneau County Human Services well in advance of the appointment.

R &J Medical Transport

PO Box 75

(608) 339-2063

Adams, WI 53910

800-727-6025

This service covers Juneau County but requires a trip of at least 40 miles roundtrip from the patient to the Medical facility. They accept private funding and Medicaid.

Wheels of Independence

2703 Industrial St.

Wisconsin Rapids, WI 54495

(715) 423-7818

This service covers all of Juneau County and accepts private pay and Medicaid.

Veteran Services

Juneau County Veterans Services

211 Hickory St. 2nd Floor

Mauston, WI 53948

(608) 847-9385

Veteran benefits are available to veterans of all branches of the service. Benefits include monetary, medical, educational grants and nursing home care.

CHAPTER 2

Do I need the Service?

RIGHT SIZE YOUR LIVING SPACE

Moving from your home to a senior apartment can be a liberating experience. It frees you from worry about broken water heaters, property insurance and taxes. There may come a time when you do not want to spend your free time mowing the lawn.

Despite all of these advantages downsizing can be difficult. Attempting to fit all of our accumulated possessions into a one or two bedroom apartment can be a daunting task. How do you determine which items stay and which items go? Here are some helpful ideas.

- ◆ Know your new space. Having a floor plan of the new apartment can help you determine which pieces of furniture will fit into the new layout.
- ◆ Be Practical. Sort what you have. Now may be the time to give your relatives items that have meaning to the family. Make donations to a resale shop.
- ◆ Take it slow. One room at a time for a few hours per day may lessen the stress. Break the task down to manageable parts.

How do I pay for this service?

SENIOR HOUSING

Senior housing consists of independent apartments. Although the buildings vary by size and amenities offered, all of those listed are subsidized apartments. The rent in a Subsidized Apartment is based on 30% of your adjusted income.

PRIVATE RETIREMENT COMMUNITIES

Private Retirement Communities feature a wider range of services such as a meal plan and transportation. Rent amounts in Retirement Communities vary by the amount of services requested.

SENIOR HOUSING	NUMBER OF APARTMENTS				RENT INCLUDES			AMENITIES				COMMENTS
	Total Apartments	One Bedroom	Two Bedroom	Handicapped Units	Heat	Electric	Air Conditioning	Community Room	Accepts Children	Laundry Room	Pets	
AIKEN PROPERTIES PO Box 281 Oregon, WI 53575 (608) 844-0585												
709 Tremont St. Mauston, WI 53948	4	4		4						X	X	Off street parking Includes water and sewer
201 Liberty St. Mauston, WI 53948	6		6	3					X		X	Off street parking Includes water and sewer
DAK MANAGEMENT 1020 Lincoln Avenue Fennimore, WI 53809 (608) 822-7368												
Brookview I and II 500 and 502 Grote St. Mauston, WI 53948	22	10	11	1					X	X		Stairs in building
North Country 403 Harvey St. Necedah, WI 54646	8		8						X	X		Playground, Balcony Stairs in building
Sunny Dale 611 W. Liberty St New Lisbon, WI 53950	16	12	4						X	X		Playground, Balcony, Stairs in building
JUNEAU COUNTY HOUSING AUTHORITY 717 East State Street Mauston, WI 53948 (608) 847-7309												
The Arches 717 E. State Street Mauston, WI 53948	12	10	2	2	X			X		X	X	Furnished with carpet, drapes, stove, and refrigerator. Includes water and sewer
Bluff Aire 204 W. 5 th St. Necedah, WI 54646	8	6	2	1	X			X		X	X	SAME AS ABOVE
Bluff View 102 Good St. Camp Douglas, WI 54618	10	8	2	1	X			X		X	X	SAME AS ABOVE
Country View Apartments 304 South St. Hustler, WI 54637	8	8		1	X			X		X	X	SAME AS ABOVE

SENIOR HOUSING	NUMBER OF APARTMENTS				RENT INCLUDES			AMENITIES				COMMENTS
	Total Apartments	One Bedroom	Two Bedroom	Handicapped Units	Heat	Electric	Air Conditioning	Community Room	Accepts Children	Laundry Room	Pets	
JUNEAU COUNTY HOUSING AUTHORITY Continued												
Georgetown House I 204 Kittleson St. Elroy, WI 53929	10	8	2	1	X			X		X	X	SAME AS ABOVE
Georgetown House II 204 Kittleson St. Elroy, WI 53929	14	14		1	X			X		X	X	SAME AS ABOVE
Spring Valley Apartments 211 Main St. Union Center, WI 53962	8	8		1	X			X		X	X	SAME AS ABOVE
Stoney Hill Court 300 N. East St. Wonewoc, WI 53968	10	10		1	X			X		X	X	SAME AS ABOVE
Sunrise Apartments 513 Center Street Wonewoc, WI 53968	8	6	2	1	X			X		X	X	SAME AS ABOVE
Villa Lyn Manor 156 N. Juneau St. Lyndon Station, WI 53944	10	8	2	1	X			X		X	X	SAME AS ABOVE
West Haven 530 S. Washington St. New Lisbon, WI 53950	10	8	2	1	X			X		X	X	SAME AS ABOVE
MAUSTON HOUSING AUTHORITY 208 West Monroe Street Mauston, WI 53948 (608) 847-4379												
Colonial Manor 208 W. Monroe St. Mauston, WI 53948	45	45			X	X	X	X		X	X	Cost of laundry, cable, and 2 hours per month light nursing clinic (foot care, blood pressure) is included in the rent.
Housing Choice Voucher Program Call for eligibility requirements.												Various residences in Juneau County. Call (608) 847-4379 for application

SENIOR HOUSING	NUMBER OF APARTMENTS				RENT INCLUDES			AMENITIES				COMMENTS
	Total Apartments	One Bedroom	Two Bedroom	Handicapped Units	Heat	Electric	Air Conditioning	Community Room	Accepts Children	Laundry Room	Pets	
SINGLE OWNERS												
Grace Apartments 107 Sara Lane Mauston, WI 53948	25	25		4	X			X		X		Owner: Vern Eliason Toll Free: 1-866-999-0949 Email: verelias@direcway.com
Hometown Village (Lemonweir Villa) 516 W. River St. New Lisbon, WI 53950	22	21	1					X		X		Owner: Meridian Group (608) 562-5842 Utility allowance for heat
Oakdale Apartments 789 Nelson Valley Rd. Camp Douglas, WI 54618	12	2	6	1	X				X	X		Contact Terry Morris (608) 427-3701 4-three bedroom also available
River View Apartments 612 and 614 Center St Wonewoc, WI 53965	16	4	8	2	X				X	X		Contact: Joyce Greeno (608) 464-3999 4-three bedroom also available
Necedah Timberline 705 W. 3 rd St. Necedah, WI 54646	8	8		8				X		X	X	Contact: Carla Plantz (608) 565-7584
PRIVATE RETIREMENT COMMUNITY 1030 Division Street Mauston, WI 53948 (608) 847-2377												
Terrace Heights Retirement Community 1030 Division St. Mauston, WI 53948	34	24	10	34			X	X		X	X	Contact: Shari Hanson (608) 847-2377 www.milebluff.com Housekeeping, helpline, 17 passenger bus, activities, garages, and library

CHAPTER 3

Assisted Living

Do I need this service?

These residences include a wide variety of types for a variety of needs. These facilities provide safety and stability for those unable to live independently. These facilities can offer help with meals, personal care, and housekeeping. They provide 24 hour service and supervision. It is important to choose what you or your loved one feels is the most important aspect including privacy, social activities and location.

All facilities offer housekeeping and personal care. Specifically these types of facilities include:

Residential Care Apartment Complex (RCAC)

- Separate apartments with a small kitchen
- Central dining room and a meal plan

Adult Family Home

- Small group living situation (one to four residents)
- Home-like atmosphere
- Private or semi-private bedrooms
- Family style meals

Community Based Residential Facility

- Size of facility varies (five or more residents)
- Can be a remodeled home to a newly built facility
- Private or semi-private bedroom
- Common dining room

Who will pay for this service?

Medicare, Medicaid, or private insurance does not cover the cost at any of these facilities. Private funding is accepted.

The Community Options Program (COP) can fund the cost of a portion of the monthly rate, but private funds will need to be used to pay for the monthly room and board.

<http://dhfs.wisconsin.gov/bquaconsumer/assistedLiving/AsLivindex.htm>

Assisted Living Directories for the entire state can be found at this Web Site. Click on the specific County and see the facilities in that county.

Types of Assisted Living

RCAC

Residential Care Apartment Complex

This type of facility consists of independent apartments each having a private kitchen and bathroom. The facility can provide 28 hours or less per month of supportive or personal services. The facility is certified by the State.

Adult Family Home

These facilities are licensed by the State if they house 3 to 4 residents and licensed by the County if they accept 1 to 2 residents. The use of these facilities is regulated by Juneau County Human Services. Please contact Juneau County Human Services at (608) 847-2400 if you would like more information about this living arrangement.

CBRF

Community Based Residential Facility

These facilities are licensed by the State. The licensure level determines the type of residents that are able to live in a particular facility. These levels include:

Class A

May serve only residents who are ambulatory and mentally and physically capable of responding to an electronic fire alarm and exiting the facility without any help and without verbal or physical prompting.

Class B—Limited to semi-ambulatory

May serve only residents who are ambulatory or semi-ambulatory and are mentally and physically capable of responding to an electronic fire alarm and exiting the facility without any help and without verbal or physical prompting.

Class B—Unrestricted

May serve residents who are ambulatory, semi-ambulatory, non-ambulatory, but only if they are mentally and physically capable of responding to an electronic fire alarm and exiting the facility without any help or without verbal or physical prompting.

Types of Assisted Living

Class C—Limited to Ambulatory

May serve only residents who are ambulatory but one or more of whom are not mentally capable of responding to an electronic fire alarm and exiting the facility without help or without verbal and physical prompting.

Class C—Limited to Semi-ambulatory

May serve only residents who are ambulatory or semi-ambulatory and who may not be physically or mentally capable of responding to an electronic fire alarm and exiting the facility without help or without verbal or physical prompting.

Class C—Unrestricted

May serve only residents who are ambulatory, semi-ambulatory or non-ambulatory and not physically or mentally capable of responding to an electronic fire alarm and exiting the facility without any help or without verbal or physical prompting.

FACILITY	Capacity	License Level	Wheelchair	Walker	DEMENTIA		Private Rooms	Incontinence	Pets	Smoking	COMMENTS
					Early Stage	Late Stage					
CBRF											
Cottage Care Center 204 Hall St. Mauston, WI 53948 (608) 847-7470	16	C NA	X	X	X	X	3	X	X		Licensed Nurse on duty. Smoking allowed outside of building. Resident must be capable of care of their pet.
Crest View Great Lakes CBRF 610 View St. New Lisbon, WI 53950 (608) 562-3667	12	C NA	X	X	X	X	8	X			Attached to the Crest View Nursing Home.
Fountain Mission Home 202 E. Main St., PO Box 218 Hustler, WI 54637 (608) 427-6603	20	CS		X	X		18	X	X	X	24-hour awake staff
Weber Haus CBRF 312 Center St. Wonewoc, WI 53968 (608) 464-7688	15	CS		X	X	X	Variable	X		X	
RCAC											
Oak Grove Seniors Community 200 6 th St. Necedah, WI 54646 (608) 565-3990 or (877) 763-2860	40	RCAC	X	X	X		40	X	X		Fitness room, heated swimming pool and hot tub. All individual apartments. Facility provides a meal plan and lifeline system.

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CHAPTER 4

Nursing Homes

Do I need this service?

Skilled Nursing Facilities offer 24 hour care and supervision on a long-term basis. These facilities also offer short-term rehabilitative stays. Most facilities offer Physical, Occupational and Speech Therapy. Some facilities have special programs including Alzheimer's Care. Consult with your doctor to determine this type of care is appropriate for you.

Comparisons of nursing homes can be found on the internet. This site is hosted by the State of Wisconsin Bureau of Quality Assurance. The site is called "Searching for Wisconsin Residential Options" and offers links to facility directories by county. It offers links to Nursing Home Comparisons and Consumer Information Directories. The site address is <http://dhfs.wisconsin.gov/bqaconsumer/ResidOpts/seek.htm>

How do I pay for this service?

Medicare

If you have a skilled nursing need and are in a nursing home:

Medicare pays for:

Day 1 to 20	Medicare pays for 100% of the cost
Days 21 to 100	Medicare pays all but the daily co-insurance. That amount is set annually by Medicare After the 20 th day, a person must be making Reasonable Measurable Progress in their rehabilitation Or continue to need skilled nursing care to continue to Receive Medicare Benefits.
Beyond Day 100	Medicare provides no coverage.

Medicaid

This funding source does cover the monthly cost of care at a skilled nursing home. Asset and Income restrictions apply. The Medicare Program can be accessed through Juneau County Human Services - Economic Support Unit, Contact number (608) 847-2400.

Long Term Care Insurance

(Also called Nursing Home Insurance). It is paid for with private funds. It is not a substitute for Medicare, but covers costs that Medicare does not.

Contact the Juneau County Benefit Specialist at (608) 847-9367 for further information and comparisons of available policies.

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NURSING HOMES FACILITIES

FACILITY	Capacity	Private Rooms	Alzheimer's Care	Smoking	COMMENTS
Crest View Nursing Home 612 View St. New Lisbon, WI 53950 (608) 562-3667	60	26	X		Assisted living facility (Great Lakes CBRF) is attached
Fair View Nursing Home 1050 Division St. Mauston, WI 53948 (608) 847-6161	60	8	X		Hess Memorial Hospital is attached
Heritage Manor Nursing Home 307 Royall Ave., PO Box 167 Elroy, WI 53929 (608) 462-8491	76	5	X		Smoking available outside building. Specialized Alzheimer's Wing
St. Joseph's Nursing Home 400 Water Ave., PO Box 527 Hillsboro, WI 54634 (608) 489-2211	65	37	X		St. Joseph's Hospital is attached.
Villa Pines Living Center 201 S. Park St. Friendship, WI 53934 (608) 339-3361	102	2	X		
Wisconsin Dells Health and Rehab 300 Race St. Wisconsin Dells, WI 53965 (608) 254-2574	90	12	X		Smoking is allowed outside the building

CHAPTER 5

Advance Directives ***Special Considerations for care settings***

It is difficult to think about not being able to make your own decisions about your life due to major medical problems. Who will speak for you if you are comatose or a victim of Alzheimer's Disease?

Planning ahead for future health and financial decisions may be the most difficult, yet important documents you complete in your lifetime. These forms give you the opportunity to choose what health care you will receive and how your money is going to be spent if you are ever unable to speak for yourself.

There are two documents that will allow your wishes to be known.

Power of Attorney for Health Care

This form allows you to choose someone that you trust to become your voice and your decision maker when you are unable. It requires that you designate a person (and an alternate) to become your Health Care Agent. You should talk to this person and explain what treatments and medical options you would accept.

The form requires the signature of two witnesses that are not relatives or caregivers. This form should be given to your doctor and to your Health Care Agent.

The Health Care Power of Attorney form will not go into effect unless two doctors find you to be incapacitated.

Power of Attorney for Finances

This form allows you to designate a trusted person to handle your finances and property. A "durable" Power of Attorney Form will allow this person to manage your property after you have been deemed incapacitated by two doctors.

This form needs to be notarized. The form should then be given to your bank, stock broker, insurance company and you should keep a copy. If your financial holdings are considerable you may want to discuss this with an attorney.

Both of these forms are available on line at www.cwag.org
Or you can write for copies at:

Elder Law Center of the Coalition of Wisconsin Aging Groups
2850 Dairy Drive, Suite 100
Madison, WI 53718

(608) 224-0660

Advance Directives

Living Will

This form describes the kind of life-sustaining care you would want only if you had a terminal condition or were in a persistent vegetative state. This form directs your physician as to what type of care you would want. It does not allow you to choose someone else to make decisions for you if you are not able. Because this form does not allow another person to make decisions on your behalf you must go through a court hearing for guardianship and protective placement if you need to enter a nursing home. A court hearing can be costly and time consuming.

This form is available at www.dhfs.state.wi.us

DO NOT Resuscitate Order (DNR Order)

This form will allow you to receive a bracelet that will alert emergency medical personnel that you do not wish to receive CPR, a procedure used to restart the heartbeat. This order must be signed by you and your physician.

Eligibility for DNR Bracelet:

- A terminal medical condition
- A medical condition that makes it unlikely that CPR would be successful
- A medical condition that would make CPR cause more harm than benefit

This order should be discussed with your doctor. Your doctor has the forms and the bracelets available at their office.

Funeral Pre-planning

Although not easy to think about, there are many advantages to pre-planning your funeral. By taking the time now, you will be ensuring your peace of mind as well as relieving your loved ones of making decisions at a stressful time for them.

Advantages of Pre-Planning your funeral include:

- Allows you to make the arrangements exactly as you wish
- Sets aside funds so family members will not have to deal with monetary considerations at the time of death.
- Enables you to purchase your funeral at today's prices. Money is invested to stay ahead of inflation
- Funds set aside for a funeral are not considered an asset in determining eligibility for Medical Assistance (Forward Card) or SSI (Supplemental Security Income).

Local funeral home providers can assist you with all of the necessary planning. Reputable funeral home directors are licensed by the State of Wisconsin. Check with your local Funeral Home Director for personalized planning services.